



SAFETY MEMO

Avoid Insect/Spider Bites and Stings

Warm weather has arrived and with it comes the expected springtime hazards of insect stings and bites. **Stinging** insects include honeybees, wasps, hornets and yellow jackets. **Biting** insects include mosquitoes, fleas, flies, chiggers, ticks and spiders. The very best defense against these unwanted guests is to develop a good offense, *so all work groups should ensure that their local extermination programs are in full swing.* In addition to timely and thorough extermination treatment programs, keep these safety reminders in mind:

- If a bite or sting is incurred on the job, *report the incident immediately* so the proper treatment can be administered.
- Wear long-sleeved clothing to protect arms and legs; avoid white, bright colors and flower prints, as these could attract stinging insects.
- Avoid perfumes, colognes, scented soaps and cosmetics whose odor could attract stinging insects.
- Watch for insects around bushes and flowers.
- To protect feet, wear appropriate foot wear; wasps and yellow jackets feed off trash, so they are frequently on the ground and sidewalks.
- Try not to swat at insects or move too quickly if they fly near you; threatened insects tend to sting.
- Watch food, especially sweet food and drinks; inspect open soda cans for evidence of stinging insects before you drink from them.
- Use insect repellent, but read the label; the most effective repellents contain DEET, yet they should contain no more than 10 percent of this ingredient. **NOTE: The use of DEET containing insect repellants on flame retardant clothing (FRC) will reduce the protective performance of the clothing. Consequently, DEET containing products should be applied only to exposed areas of skin and must not be applied directly to FRC's.**
- Do not place your hands, feet in places you can not see.
- Turn on the lights and make some noise! Spiders and other creatures will likely retreat from the area if you make your presence known.



Remember - it's a wonderful time of year to be outdoors, but a nasty bite or sting can ruin the best of days. *Implement your extermination treatment programs as soon as possible.* Then, play it smart by taking appropriate action steps to avoid an unpleasant bite or sting.